

Full Report (All Nutrients) 17416, Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw

Report Date:October 09, 2015 17:45 EDT

Nutrient values and weights are for edible portion.

Food Group : Lamb, Veal, and Game Products**Refuse:23% Refuse Description: Bone and connective tissue 23%**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g
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Proximates

Water	g	61.18	--	--	69.13
Energy	kcal	275	--	--	311
Energy	kJ	1149	--	--	1298
Protein	g	17.02	--	--	19.23
Total lipid (fat)	g	22.84	--	--	25.81
Ash	g	0.83	--	--	0.94
Carbohydrate, by difference	g	0.23	--	--	0.26
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00

Minerals

Calcium, Ca	mg	22	--	--	25
Iron, Fe	mg	1.06	--	--	1.20
Magnesium, Mg	mg	18	--	--	20
Phosphorus, P	mg	160	--	--	181
Potassium, K	mg	274	--	--	310
Sodium, Na	mg	71	--	--	80
Zinc, Zn	mg	2.73	--	--	3.08
Copper, Cu	mg	0.074	--	--	0.084
Manganese, Mn	mg	0.007	--	--	0.008
Selenium, Se	µg	6.2	--	--	7.0

Vitamins

Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.073	--	--	0.082

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Riboflavin	mg	0.148	--	--	0.167
Niacin	mg	3.250	--	--	3.672
Pantothenic acid	mg	0.255	--	--	0.288
Vitamin B-6	mg	0.059	--	--	0.067
Vitamin B-12	µg	2.06	--	--	2.33
Vitamin A, RAE	µg	15	--	--	17
Retinol	µg	15	--	--	17
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	50	--	--	56
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.52	--	--	0.59
Vitamin D (D2 + D3)	µg	0.1	--	--	0.1
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.1
Vitamin D	IU	6	--	--	7
Lipids					
Fatty acids, total saturated	g	9.099	--	--	10.282
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.001	--	--	0.001
10:0	g	0.027	--	--	0.031
12:0	g	0.028	--	--	0.032
14:0	g	0.446	--	--	0.504
16:0	g	3.460	--	--	3.910
17:0	g	0.390	--	--	0.441
18:0	g	4.679	--	--	5.287
20:0	g	0.021	--	--	0.024
22:0	g	0.047	--	--	0.053
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	6.270	--	--	7.085
14:1	g	0.010	--	--	0.011

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15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.184	--	--	0.208
16:1 c	g	0.158	--	--	0.179
16:1 t	g	0.026	--	--	0.029
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	6.070	--	--	6.859
18:1 c	g	4.970	--	--	5.616
18:1 t	g	1.100	--	--	1.243
20:1	g	0.006	--	--	0.007
22:1 undifferentiated	g	0.000	--	--	0.000
22:1 c	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.849	--	--	0.959
18:2 undifferentiated	g	0.569	--	--	0.643
18:2 n-6 c,c	g	0.218	--	--	0.246
18:2 CLAs	g	0.338	--	--	0.382
18:2 t,t	g	0.013	--	--	0.015
18:3 undifferentiated	g	0.217	--	--	0.245
18:3 n-3 c,c,c (ALA)	g	0.217	--	--	0.245
18:3 n-6 c,c,c	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.001	--	--	0.001
20:3 n-6	g	0.001	--	--	0.001
20:4 undifferentiated	g	0.018	--	--	0.020
20:4 n-6	g	0.018	--	--	0.020
20:5 n-3 (EPA)	g	0.014	--	--	0.016
22:5 n-3 (DPA)	g	0.028	--	--	0.032
22:6 n-3 (DHA)	g	0.001	--	--	0.001
Fatty acids, total trans	g	1.139	--	--	1.287
Fatty acids, total trans-monoenoic	g	1.126	--	--	1.272
Cholesterol	mg	63	--	--	71

Amino Acids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g
Tryptophan	g	0.188	--	--	0.212
Threonine	g	0.812	--	--	0.918
Isoleucine	g	0.762	--	--	0.861
Leucine	g	1.314	--	--	1.485
Lysine	g	1.486	--	--	1.679
Methionine	g	0.555	--	--	0.627
Cystine	g	0.223	--	--	0.252
Phenylalanine	g	0.670	--	--	0.757
Tyrosine	g	0.590	--	--	0.667
Valine	g	0.867	--	--	0.980
Arginine	g	1.145	--	--	1.294
Histidine	g	0.360	--	--	0.407
Alanine	g	0.846	--	--	0.956
Glutamic acid	g	2.377	--	--	2.686
Glycine	g	0.728	--	--	0.823
Proline	g	0.546	--	--	0.617
Serine	g	0.580	--	--	0.655
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0